

Dear Perkins Families,

As we are about to start the fall semester and welcome our students back on campus on September 6th, we will be updating our COVID-19 protocols to be more in line with the most recent DESE/DPH guidance, our peer schools, and community expectations. These changes are being made after careful consultation with our Medical Directors from Boston Children's Hospital, our Perkins Health Services team, and the Perkins Leadership Team. We continue to be guided by our commitment to the health and safety of the community. **The new COVID-19 protocols will be effective Tuesday September 6, 2022.**

DESE and DPH Guidance

With COVID-19 vaccines now readily available, treatments accessible to those at higher risk for severe disease, and widespread availability of self-tests, DESE and DPH have evolved their guidance to mitigation strategies focused on vulnerable and symptomatic individuals. They are no longer recommending universal mask requirements, surveillance testing of asymptomatic individuals, contact tracing, or test-to-stay testing in schools. In response, many of our peer schools have transitioned their COVID-19 protocols to reflect this guidance.

- [View DESE COVID-19 Guidance \(including Aug 15 Update\)](#)
- [View CDC Guidance to K-12 Schools \(August 11, 2022\)](#)

Summary of Updated Perkins COVID-19 Protocols

- Masking for students will be optional.
- Student daily, online self-attestation will be replaced by daily, at-home self-screening.
- Students who are symptomatic should take an at-home rapid test prior to coming to campus.
- Students symptomatic at school will be rapid tested at Perkins (**Please fill out the attached consent for at school rapid testing and return by September 6th**)
- Pool testing for students will be discontinued. Student symptomatic at-home rapid testing will continue.
- Staff and students who test positive for COVID-19 will be required to report their positive case to Perkins and isolate accordingly.
- Contact tracing will be discontinued.

- Email summary reports of positive COVID-19 cases in our community will now be sent monthly.
- Only essential visitors are allowed on campus, and the visitor self-attestation will remain in place.

We want to acknowledge that within our community there will be a mixed reaction to these changes. Our goal is to maintain aspects of our current COVID-19 protocols that will help us mitigate the spread while being responsive to the guidance and normalization of COVID-19 as an endemic disease. The most visible change will be moving to optional masking. As of September 6th, each student/family will choose whether to wear a mask or not based on their own personal situation. As an inclusive and accepting community, we ask everyone to respect each person's masking choice.

We would like to remind everyone to stay vigilant in recognizing possible COVID-19 symptoms. If you have any questions or concerns about the updated protocols, please email deb.kelly@perkins.org. Thank you for all you do to help keep our community safe and healthy.

Best,

Debra E. Kelly DNP,MS, RN
Director of Health Services

COVID -19 Guidelines for School year 2022-2023

In lieu of attestation, students must perform strict symptom monitoring daily before coming to campus.

If experiencing the following symptoms, please do not attend school and please perform a rapid COVID test:

- Fever (100.00 Degrees Fahrenheit or higher),chills or shaking chills
- Cough (not due to another cause, such as chronic cough)
- Shortness of breath or difficulty breathing
- Fatigue, when in combination with other symptoms
- Muscle or body aches
- Headache when in combination with other symptoms
- New loss of taste or smell
- Sore throat when in combination with other symptoms
- Nasal congestion or runny nose (not due to causes such as allergies) when in combination with other symptoms
- Nausea, vomiting or diarrhea when in combination with other symptoms

(Please see guidelines below)

Negative for COVID-19

May return to school if the following criteria are met:

- Receive a negative antigen rapid test result for COVID-19,
- Have significant improvement in symptoms,
- Have been without a fever for at least 24 hours without the use of fever-reducing medications

Positive for COVID-19

Can Mask	Does Not mask
<p>Quarantine for 5 days and wear mask through day 10</p> <p>May return to school when the following criteria are met:</p> <ul style="list-style-type: none"> o With <i>no</i> symptoms: End Isolation on day 5, return day 6 with negative test o With symptoms: You may end isolation after day 5, (return day 6 with negative test) if: <ul style="list-style-type: none"> ● You are fever-free for 24 hours (without the use of fever-reducing medication) ● Your symptoms are improving ● And can mask for 5 additional days 	<p>Quarantine for 10 days</p> <p>May return to school when the following criteria are met:</p> <ul style="list-style-type: none"> o With <i>no</i> symptoms: End Isolation on day 10, return day 11 with negative test o With symptoms: You may end isolation after day 10, (return day 11 with negative test) if: <ul style="list-style-type: none"> ● You are fever-free for 24 hours (without the use of fever-reducing medication) ● Your symptoms are improving

*** Any Part of this protocol is subject to change for any reason, including without limitation, if cases increase or there are new recommendations from county, CDC or DESE